

**ABSTRACT**

A weight loss salad dressing including a salad dressing base and a weight loss supplement. The weight loss supplement may be a fat or carbohydrate blocker, an appetite suppressant, a metabolizer or thermogenic agent, a weight loss stimulant,  
5 a nutrient partitioning modulator, or any other substance which is ingested not directly for its food value, but to interact with the body chemistry to prevent other substances with food value from being eaten, to cause other substances with food value to be eliminated without being absorbed, to cause the body to burn more fat or carbohydrate, or to cause the body to metabolize food differently. For the best  
10 taste, if the weight loss supplement is acidic, the acidity of the salad dressing base is adjusted to account for the acidity of the supplement.